

A method for the cryopreservation of oocytes or embryos, which comprises centrifugation of oocytes or embryos to polarize cytoplasmic lipid outside the oocyte or embryonic cells, subjecting the oocytes or embryos to low temperature conditions in the presence of a cryoprotectant which results in freezing of the oocytes or embryos prior to lipid depolarization, followed by low temperature storage of the frozen lipid polarized oocytes or embryos are described, as are oocytes and embryos produced according to such methods, and methods for producing live animals.